



Tier 1 Instructor Workshop 2026

Grades 1, 2, 3

Greetings, and welcome to the Tier 1 SDSA Instructor Workshop! Course conductors Douglas Rachinski and Tasha Orysiuk look forward to an informative and rewarding time with you. Please refer to the following timetable, which details the workshop's activities.

Workshop Schedule

FRIDAY, SEPTEMBER 4

5:15 – 5:30	Sign-in
5:30 – 6:30	Introduction to SDSA <i>Discussion of content, including instructor certification requirements, student examination format and certificate versus diploma programs.</i>
6:30 – 7:30	Syllabus Structure <i>Discussion of curriculum design, including set exercises, grade notations and glossaries.</i>
7:30 – 8:15	Classroom Context <i>Discussion of class management, specifically, balancing syllabus implementation and exam preparation with competing class needs such as dance preparation, stretch time, costume development, parent viewing, etc. Discussion of strategies for working with timelines.</i>
8:15 – 8:30	Break
8:30 – 10:00	Vocabulary <i>Demonstration/discussion of Ukrainian dance vocabulary, positions/poses and technique as it applies to Grades 1, 2, 3.</i>

SATURDAY, SEPTEMBER 5

8:30 – 12:00	Vocabulary
12:00 – 1:00	Lunch
1:00 – 3:15	Vocabulary
3:15 – 3:30	Break
3:30 – 7:00	Classical Ballet <i>Topics include classical ballet vocabulary, positions/poses, technique (barre and centre practice), anatomy and posture as it applies to Grades 1, 2, 3, and discussion of ballet as a training device and its application in staged Ukrainian dance.</i>

SUNDAY, SEPTEMBER 6

8:30 – 12:00	Set Exercises <i>Interactive discussion of syllabus contents for Grades 1, 2, 3, including exercise progression and comparison, key aspects, exercise breakdown and build-up strategies.</i>
12:00 – 12:45	Lunch
12:45 – 3:15	Set Exercises
3:15 – 3:30	Break
3:30 – 4:30	Set Exercises
4:30 – 5:00	Review and wrap-up <i>Review of course contents as requested by workshop participants.</i>
6:00 pm onwards	Out-of-town instructor certification exams priority (instructor certification exams to be discussed throughout workshop)